



## Nutrition Education

*It's important for our children to understand that agriculture provides the basis for nutrition and health.*

### **The Capitol Cook-Off!**

Many of California's middle and senior high schools offer Home Economics Careers and Technology (HECT) programs, which include instruction in food science, dietetics, nutrition and food service. Using the skills they have learned in the HECT program, students from four high schools will participate in The Capitol Cook-Off. Participating Schools: Cesar Chavez High School (Delano), Folsom High School (Folsom), Mt. Diablo High School (Concord) and Pleasant Valley High School (Chico). And the winner is... our children's health!

## California Grown

*This campaign encourages consumers to buy California-grown commodities.*

### **Californians Are Exercising Their Purchasing Power!**

As the California Grown campaign has shown, Californians are not just willing but eager to buy commodities produced in the Golden State. Why? Because "California Grown" means that agricultural product is subject to the highest standards anywhere. Quality, variety, safety, abundance... we grow it all right here.

## Food Safety

*California consumers demand the most sophisticated food security system in the world.*

### **An Ounce Of Prevention...**

Every dollar we invest in early intervention against exotic and invasive species prevents an average of \$17 in later expenses to eradicate an infestation or combat a disease.

### **Protecting Our Food & Fiber Supply**

Ongoing loss of farm acreage, growing agricultural imports, and increased ease of international travel and commerce all have contributed to heightened vulnerability of our food supply systems. Food safety and security are more important now than ever.



CALIFORNIA DEPARTMENT OF  
FOOD & AGRICULTURE



# Capitol Cook-Off!

**Capitol Cook-Off Emcee: Clay Russell, Special Assistant to Governor Schwarzenegger**

**Food Experts: Randy Paragary, Paragary Restaurant Group / Gene Moana, Lucca**

Many of California's middle and senior high schools offer Home Economics Careers and Technology (HECT) programs, which include instruction in food science, dietetics, nutrition and food service.

Students also participate in FHA-HERO, the national vocational student organization for students in HECT classes. Using California Grown agricultural products, along with skills learned from HECT and FHA-HERO, students from four high schools will participate in The Capitol Cook-Off.



## Mt. Diablo High School

*Concord, CA*

### **Serendipity Restaurant Culinary Program**

Teacher/FHA-Hero Advisor:  
Judy Moon  
(925) 672-1915

#### **Capitol Cook-Off Menu**

Salmon au Poivre a la Maltaise

Wild Rice Risotto

Asparagus Spears glace' au Blanc

California Citrus Napoleon  
with Herb Crème Anglaise

## Pleasant Valley High School

*Chico, CA*

### **Advanced Culinary Arts Program**

Teacher/FHA-Hero Advisor:  
Priscilla Burns  
(530) 342-8945

#### **Capitol Cook-Off Menu**

Encrusted Lemon-Orange Salmon  
Accompanied by a Wild Rice Portabella Raft

Steamed Asparagus with Tapenade

Molten Chocolate Bread Pudding  
Entwined with Figs and Hazelnuts  
Wedded with Raspberries and Kiwis

## Wilcox High School

*Santa Clara, CA*

### **Culinary Hospitality and Management Preparation (CHAMP)**

Teacher/FHA-Hero Advisor:  
Kelly Villareal  
(831) 336-8428

#### **Capitol Cook-Off Menu**

Cedar Salmon with Bourbon and Brown Sugar

Wild Rice Pilaf with Sun-dried Currants,  
Almonds and Scallions

Asparagus Bundles with Lemon Essence

Strawberry, Kiwi and Blueberry Crepes  
with Creme Fraiche

## Cesar Chavez High School

*Delano, CA*

### **Restaurant Careers Program**

Teacher/FHA-Hero Advisor:  
June Sinner  
(661) 725-0376

#### **Capitol Cook-Off Menu**

Poached Salmon with Butter and Dill Sauce

Wild Rice du Jour

Shirley's Special Fruit Dessert



# California Agriculture: By The Numbers

## Nutrition Education

**2** Percentage of children who eat a healthy diet consistent with federal guidelines.

**3,000** Approximate number of California schools with school gardens.

**5** Minimum number of servings of fruits and vegetables recommended by the 5 A Day For Better Health Nutrition Education Campaign directed by the Department of Health Services.

## California Grown

**3,700,000** Acres of farmland lost in California between 1990 and 2000.

**8** Number of the nation's top 10 farm counties that are in California.  
(Ranked by value of ag products.)

**\$27,000,000,000** Value of the food, fiber and flowers produced and provided by California's farmers and ranchers annually.

**1/2** Portion of the nation's fruits and vegetables that are grown in California.

**350** Number of agricultural commodities produced by California's farmers and ranchers.

## Food Safety

**\$1** Every dollar we invest in early intervention against exotic and invasive species prevents \$17 in later expenses to eradicate an infestation or combat a disease.

**5,000** Number of suspected agricultural pests found by inspectors at California's border stations each year.

**63,527** Shipments of prohibited agricultural commodities intercepted in California and destroyed or returned by agricultural inspectors.

**17,800,000** Increase in the annual number of automobiles crossing into California at the Mexican border, compared to 1995 figures.

**365,000** Increase in the annual number of commercial trucks entering California at the Mexican border, compared to 1995 figures.

**4,100,000** Increase in California's population since 1990.

**40** Percent decrease in the CDFA budget in the past five years.



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# California Ag Day Contacts

## Nutrition Education

**California Nutrition Network  
& California 5 A Day Program**  
Karen Finney, Communications & Media Director  
916-449-5412

**Future Homemakers of America --  
Home Economics Related Occupations (FHA-HERO)**  
Janice De Benedetti, Home Economics  
Career & Technology (HECT) Regional Supervisor  
916-323-5025

**Future Farmers of America**  
Charles Parker, Assistant State FFA Advisor  
916-319-0486

**4-H Youth Development Program**  
Steven Worker, State 4-H Program Representative  
530-754-8519

**Ag in the Classroom**  
Judy Culbertson, Executive Director  
916-561-5625

**California Dept. of Education / School Gardens**  
Deborah Tamannaie, Nutrition Education Consultant  
916-323-2473

## California Grown

**Buy California Marketing Agreement  
California Grown Campaign**  
Scott Horsfall, Chief Executive Officer  
916-651-7386

**Buy California Marketing Agreement  
California Grown Campaign**  
Donn Zea, Chairman  
530-823-2363

## Food Safety

**Western Institute for Food Safety and Security**  
Jerry Gillespie, Executive Director  
530-757-5700

**California Dept. of Food & Agriculture**  
Dr. Richard Breitmeyer & Dr. Dennis Mayhew  
916-654-0462



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